



# FIRELINE

AN OFFICIAL PUBLICATION OF THE WASHINGTON FIRE COMMISSIONERS ASSOCIATION

SEPTEMBER 2009

## C.H.A.N.G.E. to deal with stress!

By Jim Mathis (WFCA conference Saturday morning presenter)



Jim Mathis

No one will argue that we live in a stress-filled society. Is it more stressful on this generation than any before? Hard to tell, but each individual thinks their problems are worse than most others. Studies have always indicated that Air Traffic Controllers have the most stressful jobs, but many people feel their situation is the worst. So what do you do under stress? How do you deal with tense situations? How is your coping ability? To deal with stress we need to focus on four areas: Problem Solving, Communication, Closeness and Flexibility.

How is your problem solving ability? Do you put things off, separate people from the problem, separate out emotions, have a desired outcome? How well do you communicate under stress? Do you actively listen, blame others, focus on the message received, speak with a purpose?

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*The six letters in CHANGE anchor six important steps for making and maintaining positive movement in your life.*

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The amount of closeness we feel with others greatly affects our ability to cope. Do you make relationships a priority? Do you find quality time with others, share your personal feelings, and give praise? How flexible are you? Are you open to diverse ideas? These four areas will help you deal with stress you are under, but what can you do to prepare for the future? Is there a key to dealing with stress that you can use effectively to consider making new goals and positive changes in your life?

Below is an acrostic using the word "CHANGE" to help you develop an action plan to deal with stress. The six letters in CHANGE anchor six important steps for making and maintaining positive movement in your life.

**C**ommit yourself to a specific goal. Set an attainable goal that helps you deal regularly with the stressors of life that lead to tension and anxiety. For instance, you might want to improve your communication skills at work by using reflective listening. This involves paraphrasing the speaker's ideas to the speaker's satisfaction. "I hear you saying that..."

**H**abits...break old and start new. Decide today that the habits of the past are just that—the past. For instance, focus on future goals instead of dwelling in the past. Often we are diverted from our goals by problems in the present. Keep both eyes on your personal, work and family goals.

**See Change on Page Four**

## Sixth Annual NAEFO Convention

The National Association of Elected Fire Officials will hold its Sixth Annual Convention September 28-29, 2009 at the Golden Nugget in Las Vegas.

Formed in 2001, NAEFO is a non-profit organization made up of elected fire officials from states across the country. Its primary purpose is to represent and inform elected officials of national issues and provide assistance to state associations.

Convention information is available at [www.naefo.org](http://www.naefo.org).

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## A Message from the President *by Bill Gates*



I am one who enjoys summer—the warm weather, relaxing on the back deck, etc. But the realization that Fall is coming became more apparent this week with the arrival in the mail of the WFC Annual Conference brochure.

The conference looks to be a good one and I look forward to seeing many of you in Spokane in October. As usual, Les and the Education Committee have put together some excellent and very timely programs.

Another sign that Fall is coming (and 2010) is the increased amount of discussion regarding next year's legislative session. I found myself talking the other evening with my state senator about changes that need to be made to the emergency banking legislation that was passed this year.

Also, you may have heard about the idea from our Legislative Committee to have a one-day legislative seminar in April. This idea was discussed at the July Board meeting and received unanimous support to proceed with the seminar. This does not replace our legislative day on January 20th, but it does

greatly expand what we have done the past two years in Chelan. Very progressive thinking on the part of the Legislative Committee.

In the last *Fireline* I talked about the meetings that our Executive Committee has had with the Chiefs Executive Committee.

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### *...you may have heard about the idea to have a one-day legislative seminar...*

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Our last meeting was May 8th—the purpose of these meetings is to improve communications, share information, improve collaboration between our two groups, etc. Just to give you an idea of the range of things we have talked about, here are the items on our May meeting agenda: *Legislative Success for 2009, Health Care, Volunteers, 2010 Legislative Thoughts, Departments in Trouble—Can WFC and WFC Assist?*

Regarding health care, you should have received notice of the September

health care workshops. Please try to attend as there will be good discussion as to what is happening with costs and rates. The Health Care Committee spent many hours at their June and July meetings looking at the trend in claims, the increase in large dollar claims, etc. The resulting rate increases were not taken lightly—there were some very difficult decisions that had to be made. The Health Care Committee will be meeting the evening before the Lynnwood seminar. Please be sure to call Jim Lux (1.800.491.9322) with any health care questions that you may have.

Our next Board meeting will be October 21st just before the conference in Spokane. If you have an agenda item please let us know—call your region representative or one of the officers or the office in Olympia. If you are at the conference a day early please come to the Board meeting.

I personally am now looking forward to a week in Emmitsburg, MD, the first part of September attending an Integrated Emergency Management Course with members from the other public agencies in our area.

Keep enjoying the nice weather—see you soon.

## 2009 Nominating Committee Report

The Nominating Committee (Chair Joe Dawson, Spokane Valley Fire Department, Mary Bower, Clallam 4, Mike Moore, Grant 10, Larry Morse, Island 2, Gary Skok, Stevens 4, Bob Barnard, Thurston 9) met August 20 and nominated the following individuals to the 2010 WFC Board of Directors:

**President:** Bill Gates, South King Fire & Rescue

**Vice President:** Robert Skaggs, Graham Fire & Rescue

**Secretary-Treasurer:** Miland Walling, Klickitat 2

**Region 1 Director:** Joe Dawson, Spokane Valley Fire Department

**Region 3 Director:** Dwight Vander Vorste, Grant 10

**Region 5 Director:** Steve Lich, Camano Island Fire and Rescue

**Region 7 Director:** Gerald Strong, Littlerock Fire Rescue

**Region 9 Director:** Mick McKinley, Central Kitsap Fire & Rescue

It is suggested each nominee be allowed a maximum of three supportive speeches with a maximum total time of six minutes. The membership has the authority to allow whatever time it deems appropriate. Nominations will be accepted on the floor at conference.

## ON THE WEB

The WFC office regularly receives notice of various fire service training and educational programs. Be sure to visit [www.wfca.wa.gov](http://www.wfca.wa.gov) often (select *Other Programs* from the drop-down menu on the *Education and Training* tab) as items are frequently added.



# 61st Annual Conference

The Washington Fire Commissioners Association's 61st Annual Conference will be held at the Doubletree Hotel in Spokane beginning Thursday, October 22, 2009. Conference will conclude on Saturday afternoon, October 24th at approximately 12:00 p.m. Thanks to those of you who completed the 2009 seminar evaluation forms—your input directly affects the Education Committee's decisions on course offerings. The following is information concerning conference. For a complete schedule of events and registration form, refer to the brochure which was mailed to all members, or visit [www.wfca.wa.gov](http://www.wfca.wa.gov) (click **WFCA Programs** on the drop-down menu entitled **Education & Training** to download the registration form), or call the WFCA office at 1.800.491.9322.

## WELCOME TO CONFERENCE!



A Welcome to Conference Breakfast, sponsored by WFCA Associate Members Emergency Services Insurance Program (ESIP) and Rice Fergus Miller Architects, will be held on Thursday, October 22nd, beginning at 8 a.m. Be sure to stop by for good food and good conversation!

## EDUCATION PROGRAMS



Conference registration forms have been distributed to all WFCA members—the forms outline class topics, schedule of events (including specific timelines for workshops, business sessions, meal functions) and other conference information. Be sure to submit your registration prior to the October 16th deadline! A separate registration will be mailed for the Snure Seminar which will be held on Wednesday, the 21st.

## BOARD MEMBER ELECTIONS

Elections will be held on Friday, October 23rd, from 10:30 to 11 a.m., for the officers and odd-numbered regional director positions. The length of time allotted for voting will be 30 minutes, as previously determined by the membership. The Nominating Committee report is included in this issue of *Fireline* (see page two).

## MEMORIAL SERVICE



A memorial service will be held October 22nd to remember commissioners, secretaries and chiefs who have passed away during the year. Please contact the WFCA office if you know of someone who has passed away. We are seeking photos for a video presentation and biographies for a written tribute to our deceased fire service friends. Any information will be greatly appreciated.

## BOARD INSTALLATION BREAKFAST



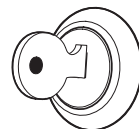
The WFCA Board Installation program will take place during a group breakfast on Saturday morning, October 24th. Following the breakfast, there will be a general session for all conference participants which will conclude conference (at approximately 12 noon).

## MULTI-YEAR AWARDS FOR FIRE COMMISSIONER SERVICE

The WFCA offers a recognition program to acknowledge 10, 15, 20 and 25 years of commissioner service. To qualify for any of these awards, an individual must be from a member fire district and service must be as a fire commissioner (no other positions of service on behalf of the district apply to this award). Each award features a commemorative item which will be presented to the qualifying commissioner during conference. If you have completed 10, 15, 20 or 25 years of commissioner service, please contact the WFCA office for an application form.

## REGISTRATION GRANT PROGRAM

The WFCA offers a registration grant program to fire districts with assessed values of \$50 million or less. If your district qualifies, please contact the WFCA office at 1.800.491.9322 or email [wfca@wfca.wa.gov](mailto:wfca@wfca.wa.gov) for more information.



## GUEST ROOM RESERVATIONS

While the room block at the Doubletree is full, there are still plenty of rooms available at the Red Lion Hotel at the Park in Spokane. To make reservations, call 1.800.733.5466 or 509.326.8000; the room rate is \$109.



## Change From Page One

Don't let anything deter you from focusing on them.

**Action...take one step at a time.** Do something...today! Take "baby steps" with your actions but start your new action plan right away. For instance, read a book on self improvement, start your new habits now, take a friend, colleague or family member out to eat and practice your new plan.

**Never give up...lapses might occur.** Every book I've ever read about marketing says to never quit on your marketing plan. When we back off from our direction or goals, we forget and apathy sets in. If you don't succeed today, try again tomorrow. Winston Churchill gave a speech at a com-

mencement exercise that is widely quoted: "Never, never, never, never give up."

**Goal-oriented...focus on the positive.** Look at ways you have advanced your plan, not the ways you have failed. For instance, get a close friend to affirm your actions. Keep the eventual goal in sight. Start praising yourself for what you can do, not what you can't. Mary Kay Ash, founder of Mary Kay Cosmetics said, "If you think you can, you can. If you think you can't, you're right."

**Evaluate and reward yourself.** Once a week, do something for yourself to mark the progress you've made. Treat yourself to something that is special.

Do an activity that brings you great feelings for the goals you have accomplished. Give yourself a "bonus" for a job well done.

The CHANGE model format is appropriate for developing Action Plans in each area of life. Refer to it as an on-going guide for creating positive change, and keep looking up!

**Jim Mathis, CSP,** is an international Certified Speaking Professional, executive coach and trainer. To subscribe to his free personal and professional development newsletter, please send an email to: [subscribe@jimmathis.com](mailto:subscribe@jimmathis.com) with the word SUSCRIBE in the subject. An electronic copy will be sent out to you every month. For more information on how Jim and his programs can benefit your organization or group, please call 888-688-0220, or visit his website at [www.jimmathis.com](http://www.jimmathis.com). Don't miss Jim's presentation at the WFCFA conference on Saturday, October 24th!

## Ads

**FOR SALE by Kittitas 8:** 1994 Polaris Storm Snowmobile. Asking \$1200 OBO; Yacht Club 4-place Snowmobile Trailer. Asking \$1500 OBO; 150 Gallon Slip in Brush Unit, complete w/hose reel & 8 HP pump. Asking \$2500 OBO. Items sold as is, where is, w/no warranty expressed or implied. Contact Chief Monty Morre at 206.617.4521 or [montlm@aol.com](mailto:montlm@aol.com) for further info, photos, or to preview items.

**FOR SALE by Mason 11:** The following are offered for sale in "as is" cond w/no warranty expressed/implied. All bottles are "In Hydro": 20 MSA 2216 PSI SCBA packs w/mask, bottle & pass alarm, \$300 each; 18 spare MSA mask--\$50 each; 9 spare 2216 psi Fiberglass bottles--\$50 each; For more information contact Chief Jerry Swartos at 360.426.1822.

**FOR SALE by N County RFA:** N Co RFA has declared 2440' of 5" Nieder woven double jacket hose surplus. All hose passed this year's hose testing and will be sold for \$2 per foot. For info contact Capt Sjogren 360.435.9252.

**FOR SALE by Pierce 27:** The following equip surplus; contact Jay Wiggins 253.884.4040 if interested: 3" hose approx 1000 ft; 5 - Light Bars; 3 - Traffic Advisers; 1 - Bauer SCBA Compressor; Misc Pagers, Portable, & Mobile Radios;

VCR surveillance monitor & recorder, NO Cameras; 200 Amp Generator Auto Transfer Switch (Onan); 2 - Float Pumps; '85 FMC Pumper, 1500 GPM, 1000 Gal tank; Misc automotive light fixtures & Green Lights.

**FOR SALE by City of Port Angeles:** '82 Ford Pumper mfg by 3D Fire App. (\$3,000 min bid). Detroit Dies Eng; AT; 500 Gal Water Tank; Hale 1500 GPM Pump; High Pressure PTO Pump w/pump & roll capability; Class B Foam; 73,400 mi. Sealed bids accepted til 2:30 pm, 10/19/09. Bids must be sealed w/outside of envelope marked BID OPENING DATE: OCTOBER 19, 2009, Fire Pumper. Include name & address of bidder on outside of envelope. Send bids to City Clerk, PO Box 1150, 321 E Fifth St, Port Angeles, WA 98362. Questions to Dennis McBride @ 360.417.4835 or to [dmcbride@cityofpa.us](mailto:dmcbride@cityofpa.us). Sale as is, where is & reserves right to reject any/all bids & to waive informalities in the bidding process.

**WANTED by Klickitat 9:** District is in need of the following: A truck that can be used for light med'l aid, extrication & fire suppression; Folding tank & plumbing; Tender; Pumps; Generators; Discharge and/or suction hose; Bunker gear; Struc-

ture/rescue gloves; Structure boots; Helmets; Wildland pants; Wildland coats; SCBAs; SCBA spare bottles; SCBA filling system; Attack line nozzles. Questions? Call 509.384.5192, email [kcfdp9@embarqmail.com](mailto:kcfdp9@embarqmail.com) or write P O Box 147, Roosevelt, WA 99356.

**POSITION ANNOUNCEMENT by Central Pierce F&R:** 15 FF-EMT (Entry & Lateral Level) positions. Recruitment closes 9/4/09 @ noon. Must have CPAT & EMT certif by end of Sept. Go to [www.centralpiercefire.org](http://www.centralpiercefire.org) for info.

**POSITION ANNOUNCEMENT by Central Whidbey Isl F&R:** Chief. Sal \$85,000-\$105,000. For job descrip & appl, visit [www.prothman.com/Current.htm](http://www.prothman.com/Current.htm). To apply, send ltr of interest, resume, completed appl & answers to suppl questions to Prothman via email @ [humanresources@prothman.com](mailto:humanresources@prothman.com) or mail to Prothman, 3633 136th Pl SE, Ste 206, Bellevue, WA 98006; ph 206.368.0050, fax 206.368.0060. Apply by 9/20.

**POSITION ANNOUNCEMENT by Spokane 10:** Dep Fire Chief. Sal \$65,000-\$70,000 DOQ, exc ben. Do not contact district—for recruitment pkg contact ESCI @ 800.757.3724 or fax 503.570.0522. Download materials at [www.esci.us](http://www.esci.us). Deadline 9/30.

## Fire Memories Museum

*Submitted by Sharon Colby, Spokane 3 Commissioner & Region 1 Director*

For those of you who are planning on attending the annual WFCa conference in Spokane in October, you might also be interested in knowing that there is a museum filled with fire memorabilia located a short distance south of Spokane.

It is the "Fire Memories Museum" created by Robert and Carolyn Green. Robert had a collection of old fire extinguishers and Carolyn thought he should find a way to display them. One thing led to another and the collection now has more than 2,000 items—everything from badges to uniforms to nozzles to fire engines.

The Greens goal was to share positive memories with those who have served in firefighting, as well as to teach youngsters about fire safety and the history of fire-

fighting.

They began their project while still living in California and continued when they moved to Washington State, south of Cheney. Robert passed away recently, but Carolyn plans to continue with the museum.

Everyone is welcome to visit the museum—families, school groups, church groups. There have been folks from as far away as Germany, Japan, England and Australia. The museum is a non-profit organization and donations are welcomed. Tours are arranged by appointment—just give Carolyn a call at 509.235.2888 or check out the website at [www.firememories.org](http://www.firememories.org). Oh yes! If you do visit the museum, be sure to ask about the breathing apparatus used in the 1700s and 1800s.



## Auxiliary Silent Auction & Raffle

As the time for the WFCa Annual Conference (October 22-24) nears, the Auxiliary is making plans for its **2009 Annual Silent Auction & Raffle**. The proceeds of this auction benefit the Harborview Burn Center. In the past we have sent very large donations and would like to do so again this year.

We would like to appeal to the friends and members of the WFCa for contributions. It is through the generosity of those of you who so kindly donate items that the raffle has been so successful in the past and we hope you will contribute again this year.

Your generous donations may be left in the Silent Auction and Raffle Room at the Doubletree Hotel/Spokane (322 N. Spokane Falls Ct., Spokane) on October 21 (Wednesday evening) and/or October 22 (Thursday morning). Please be sure to identify your district on your donation. Thank you in advance for your support.

Please keep in mind that we cannot accept any perishable items and only cash and checks will be accepted for payment of auction items.

Once again, thank you and see you at conference!

*Kim Burrus, Co-Chair, Silent Auction & Raffle*

## Future WFCa Conference Venues

The WFCa has traditionally rotated east-west for its annual conference. While the cost to put on a conference has been slightly higher on the westside, the fluctuations have been manageable from year to year.

Over the last three to five years, however, costs have risen considerably on the west side, where it is common to see meals, guest and meeting room rates 15-20 percent higher than those in Eastern Washington.

In order to continue its commitment to providing members with the best possible venues at the most affordable prices, the Board directed staff to seek *statewide* convention bids. In light of today's economic challenges, holding the line on costs is especially important.

The Board has approved the following venues for future conventions:

**2009:** Spokane Doubletree

**2010:** Pasco Red Lion

**2011:** Spokane Red Lion

**2012:** Yakima

It is important to note that facilities across the state regularly submit proposals to host conferences; 2013 and beyond will be no exception. WFCa staff continues to keep the lines of communication open with all statewide properties and, along with the Board, remains committed to keeping costs at a manageable level for members.

If you would like to share your thoughts regarding future conventions, please email the WFCa Board at [wfca@wfca.wa.gov](mailto:wfca@wfca.wa.gov), or write P. O. Box 134, Olympia, WA 98507.



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**OFFICE HOURS**

8:30AM - 4:30PM  
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